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Attachment H - Individual Interview Guide for Children

[To be read and guided by researcher]

This is a story about Jayden. Jayden is in kindergarten just like you. Let's take a look at some things Jayden can do next. Jayden needs your help to have a healthy day. As you read along, there are lots of ways to help Jayden. So, don't worry because there are no right or wrong answers. Okay? Great! Let's start.

Begin reading story:

1. "All About Jayden." [\[Cover page\]](#)
2. "Jayden wakes up early for school and goes to his window. There are seeds down in the planter. Jayden is very excited to see the seeds grow into a plant. What do you think Jayden can do to help the seeds grow?" [\[Use the following codes for children's responses\]](#)
 - Water
 - Sunlight
 - Soil
 - Other Relevant _____
 - IDK/NR

(Probe: "What else do they need besides water?")

3. "It's morning and Jayden is dressed for school. Let's take a look at some things Jayden can do next. Are any of these important things for Jayden to do in the morning?" [\[Indicate child's response\]](#)
 - Watch television
 - Brush teeth
 - Eat Breakfast
 - Read book
 - IDK/NR

(Probe: "Those are nice ideas!")

4. "Jayden decides to have breakfast. Let's take a look at some foods. Which of these foods can Jayden have for a healthy breakfast?" [\[Indicate child's response\]](#)
 - Banana
 - Yogurt
 - Whole grain toast
 - Donut
 - Eggs
 - Sweet Treat Frosted Cereal
 - Bacon
 - Oatmeal
 - IDK/NR

5. "Put those 'healthy' breakfast foods here on the plate. Chose the breakfast foods that are OK for Jayden to eat anytime." *[Have child remove the foods from page 4 and place on the plate on page 5]*
6. "Ok, let's take a break to think. How do you think a healthy breakfast could help Jayden? *[Use the following categories to code children's response]*
- Give Jayden energy
 - Be healthy
 - Help body work right/Strong Body
 - Other relevant response (pay attention, stay awake, so he will not be hungry etc.)
 - IDK/NR
7. "It's time to go! Jayden gets on the school bus and rides to school."
8. "At school, Jayden found a new poster above the cubbies. Have you seen this picture before?" *[Use the following categories to code children's response]*
- Yes
 - No
 - IDK/NR

"What do you think the poster is all about?" *[Use the following categories to code children's response]*

- "My Plate"
 - A reminder to eat from all five food groups
 - Other relevant response (i.e., Food/Nutrition/Healthy)
 - IDK/NR
9. "Next, Jayden went over to the art corner and painted a picture. Now, it's time for lunch."
10. "At lunchtime, Jayden wants to have a healthy meal. That means choosing foods from all of the food groups. How many food groups do you think there are?" *[Enter child's response _____]*
11. "Now, let's think about all of the food groups. What are the *names* of the food groups?" *[Use the following categories to code children's responses. Indicate if they name a food group or a specific food item from a food group].*
- | | |
|--|---|
| <input type="checkbox"/> "Protein Foods" | <input type="checkbox"/> Protein food item |
| <input type="checkbox"/> "Vegetables" | <input type="checkbox"/> Vegetables food item |
| <input type="checkbox"/> "Grains" | <input type="checkbox"/> Grains food item |
| <input type="checkbox"/> "Fruits" | <input type="checkbox"/> Fruits food item |
| <input type="checkbox"/> "Dairy" | <input type="checkbox"/> Dairy food item |
| <input type="checkbox"/> IDK/NR | |

12. "Here are the foods Jayden can choose for lunch."

13. "And, this is the plate where the food goes. Jayden's plate has five different spaces. You can use a space to make a food group. Now, choose the foods you think Jayden should have to make a healthy meal." *[Have child remove the foods from page 12 and place on the plate on page 13. Use the following categories to code children's responses.]*

- | | |
|---------------------------------------|--------------------------------|
| <input type="checkbox"/> Protein food | <input type="checkbox"/> Grain |
| <input type="checkbox"/> Vegetable | <input type="checkbox"/> Fruit |

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- | | |
|-----------------------------------|-----------------------------------|
| <input type="checkbox"/> Dairy | <input type="checkbox"/> 3 Groups |
| <input type="checkbox"/> 5 Groups | <input type="checkbox"/> 2 Groups |
| <input type="checkbox"/> 4 Groups | <input type="checkbox"/> 1 Group |

14. *[No text, just artwork]*

15. "Now that Jayden has had a healthy meal, it's time for Jayden to try *other ways* to be healthy. Let's think about it. Do you think any of these are other things Jayden can do to stay healthy? Which ones?" *[Use the following categories to code children's response]*

- Play soccer
- Ride scooter
- Take a walk
- Play instrument
- Build w/ blocks
- Play computer
- Read book
- IDK/NR
- None of these

[PROBE: "Those are nice ideas! Jayden decides to do these things. How do you think these things could help Jayden stay healthy?" *[Use the following categories to code children's response]*

- Physically active/moves the body
- Use energy/burn calories
- Makes the body strong
- Exercise heart, muscles, bones
- Other relevant response (strong, energy, etc.)
- IDK/NR

16. "The class decides to go outside and play soccer together."

17. "School is over. Jayden's mom needs to stop by the grocery store on the way home."

18. "They're not sure which basket to get, but Jayden has an idea. He thinks they should get this basket *[point to basket with red bell peppers, bundle of spinach, and carrots]*. Why do you think Jayden choose this one?" *[Use the following categories to code children's response]*

- Has different colors
- Colors help in different ways
- Other relevant Response (healthy, strong, energy, etc.)
- IDK/NR

19. *[No text, just artwork]*

20. "Jayden had a wonderful healthy day because of you. Now, Jayden wants to say thank you for all of your help. Jayden has some food he wants to share with you."

21. "Do you know the names of any of these foods? Which ones?" *[Indicate which of the following the child can name.]*

- Broccoli

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- Blueberries (kale, spinach, mustard greens)
- Peach
- Green beans/snap peas
- Pita
- Tomato
- Pineapple
- Red bean
- Red Pepper
- Spinach/Dark Green Lettuce
- Cucumber

[PROBE: "Which ones have you tasted?" *[Indicate which foods children have tasted]*

- Broccoli
- Blueberries (kale, spinach, mustard greens)
- Peach
- Green beans/snap peas
- Pita
- Tomato
- Pineapple
- Red bean
- Red Pepper
- Spinach/Dark Green Lettuce
- Cucumber

[PROBE: "Which ones do you like a lot?" *[Indicate which foods children have tasted]*

- Broccoli
- Blueberries (kale, spinach, mustard greens)
- Peach
- Green beans/snap peas
- Pita
- Tomato
- Pineapple
- Red bean
- Red Pepper
- Spinach/Dark Green Lettuce
- Cucumber